

FORGING THE FUTURE:



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Friday FACTS

13 January 2006

"Leadership, Partnership, and Championship"

Totally Revised Navy and Marine Corps Tobacco Policy Released

On 28 December 2005, the Secretary of the Navy released SECNAVINST 5100.13D with the purpose of providing revised policy and program guidance for the control and reduction of tobacco use within the Department of the Navy (DON). This instruction is a complete revision and should be reviewed in its entirety. It can be viewed at: http://neds.daps.dla.mil/Directives/5100_13d.pdf

National Condom Day (also Valentines Day), 14 February 2006

What is your plan to promote sexual health during National Condom Week, 14-21 Feb 2006, which is officially sponsored by the American Social Health Association?

Download helpful resources from them at: http://www.ashastd.org/news/news_pressreleases_condomday2005.cfm

Other helpful resources are:

Event Planning Strategy: Targeted Condom Access for Disease and Pregnancy Prevention at <http://www-nehc.med.navy.mil/downloads/hp/condomaccess.pdf>

Message for Leaders to gain buy-in and support at http://www-nehc.med.navy.mil/Downloads/Hp/HP_toolbox/Jun/co_message_sexualhealth_jun.pdf

Video: "Condom Use Demonstration" on the SHARP Toolbox CD (order yours via e-mail at <mailto:sharp@nehc.med.navy.mil>)

Posters: free abstinence-focused posters to balance your condom promotion message at http://www-nehc.med.navy.mil/hp/HP_Toolbox/HP_ToolBoxPosters_Jun.htm

Fact Sheets:

Male Latex Condoms and STDs - Facts for Public Health Professionals (CDC) at <http://www-nehc.med.navy.mil/downloads/hp/condom.pdf>

Choosing Safer Options Reduces Risk (NEHC) at http://www-nehc.med.navy.mil/downloads/hp/cut_risk.pdf

Female Condoms (NEHC) at <http://www-nehc.med.navy.mil/downloads/hp/femcond.pdf>

Condoms and their Use in Preventing STDs and Pregnancy (NEHC) at <http://www-nehc.med.navy.mil/downloads/hp/CONDOMS.pdf>

Crews Into Shape Challenge for 2006 Underway!

In addition to the information included in last week's Friday Facts, the following can also be used to promote your local command's Crews Into Shape challenge:

Crews Marketing Text

"Crews Into Shape" positively affects health-related behavior. In 2005, 1700 people registered for the challenge. Of the participants who completed the post-challenge questionnaire, 50% said they met their weight loss or weight gain goal, and an overwhelming majority agreed or strongly agreed that the Crews challenge helped them improve their daily habits regarding exercise (74%), fruit and vegetable intake (86%), and water intake (86%). For questionnaire results and participant comments go to: <http://www.surveymonkey.com/Report.asp?U=81939938030>

2005 Crews Quotables

"According to Mr. Bob MacDonald, a public health educator with NEHC and coordinator of the Crews Into Shape challenge, "A key concept of this intervention is the 'Crew'; people committed to help and encourage each other in the struggle to establish healthful habits. An astounding number of Crew members tell us that an additional and important benefit of the "Crews Into Shape" challenge is stronger work groups. It seems closer relationships between coworkers are established while "Crewsing" together."

- Anonymous Quotes from "Crew Members" in 2005:

"Our crews are competing against each other and it is a fun time here, good healthy competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously."

"This was an awesome challenge. Although several of us were sick throughout the challenge, we still foraged and hydrated ourselves to the end. Thank you for providing this learning experience."

"This was a great fitness challenge! Our entire team had a great time doing it, and we all lost the weight that we wanted to lose! Thanks so much for putting this together. We appreciate it."

"This was a great challenge. My team did great and we plan to continue to practice these behaviors. Thank you so much for your ongoing motivation!!!"

"I am really proud of my TEAM! They did a fantastic job and we are all still carrying around our water bottles."

"Just wanted to let you know how much fun our TEAM had with this challenge."